



Seasonal Produce Guide

Spring

Apples	Cabbage	Kiwifruit
Apricots	Carrots	Lemons
Asparagus	Celery	Lettuce
Avocados	Collard Greens	Limes
Bananas	Garlic	Mushrooms
Broccoli	Kale	Onions
Peas	Rhubarb	Swiss Chard
Pineapples	Spinach	Turnips
Radishes	Strawberries	

Summer

Apples	Cherries	Okra
Apricots	Corn	Peaches
Avocados	Cucumbers	Plums
Bananas	Eggplant	Raspberries
Beets	Garlic	Strawberries
Bell Peppers	Green Beans	Summer Squash
Blackberries	Honeydew Melon	Tomatillos
Blueberries	Lemons	Tomatoes
Cantaloupe	Lima Beans	Watermelon
Carrots	Limes	Zucchini
Celery	Mangos	





Fall

Apples	Ginger	Peas
Bananas	Grapes	Pineapples
Beets	Green Beans	Potatoes
Bell Peppers	Kale	Pumpkins
Broccoli	Kiwifruit	Radishes
Brussels Sprouts	Lemons	Raspberries
Cabbage	Lettuce	Rutabagas
Carrots	Limes	Spinach
Cauliflower	Mangos	Sweet Potatoes & Yams
Celery	Mushrooms	Swiss Chard
Collard Greens	Onions	Turnips
Cranberries	Parsnips	Winter Squash
Garlic	Pears	

Winter

Apples	Grapefruit	Pears
Avocados	Kale	Pineapples
Bananas	Kiwifruit	Potatoes
Beets	Leeks	Pumpkins
Brussels Sprouts	Lemons	Rutabagas
Cabbage	Limes	Sweet Potatoes & Yams
Carrots	Onions	Swiss Chard
Celery	Oranges	Turnips
Collard Greens	Parsnips	Winter Squash

